

# SARS and the University Community

## Recommendations for UF Students/Staff Returning from Travel to SARS Affected Areas

Issued: May 29, 2003

When you arrive back in Gainesville after traveling to an area with suspected or confirmed SARS illness, **it is your responsibility to contact Student Health Care Center Administration 352-392-1161, ext. 1-4217**. You will be counseled about certain precautions you need to take to protect your health and the health of the University community. You will be asked a few questions including:

- What countries/provinces you traveled from?
- Do you have a fever or any respiratory symptoms?
- Have you had close contact with a person ill with SARS?

### 1. To protect your personal health and the general health of the campus community, follow these guidelines:

- Be vigilant in monitoring yourself for fever and respiratory symptoms including cough, shortness of breath, and difficulty breathing for 10 days after your arrival.
- Purchase a digital thermometer to make taking your temperature fast and easy.
- **Wash your hands often with soap and water**, especially before meals or use an alcohol-based hand rub if you cannot wash.
- Cover your mouth and nose with a paper tissue if coughing or sneezing. Discard the tissue as normal waste. If you use your hands to cover your mouth and nose, wash your hands immediately.
- **If you do develop a fever >100.4 F (38 C) and/or respiratory symptoms, call the Student Health Care Center, 352-392-1161 ext 1-4217 and speak to the nurse.** The nurse will assess your symptoms and arrange a medical evaluation if necessary.
- **Seek medical care by first calling ahead to alert the Nurse** that you have a fever and/or respiratory symptoms and have traveled to a SARS affected country. When seen, the nurse will place you in a private room and ask you to wear a mask. The medical and nursing staff will also wear masks and gowns for their own protection. These practices offer the best chance of reducing transmission of infection to others.

### 2. If you have had a true SARS exposure to a person ill with the disease or have come in direct contact with infectious materials from a person ill with SARS, you will be asked to monitor yourself for fever and respiratory symptoms twice a day for 10 days.

- Your temperature should be taken twice daily and recorded.
- Self monitoring temperature logs are available at the Student Health Care Center's website in a printable format <http://www.health.ufl.edu/shcc/sars.htm>
- A nurse will call you twice a day during this time.
- If you do develop a fever or respiratory symptoms, it is advised that you stay inside your home or apartment. **You should not go to class, work, or be in public places because you may be infectious to others.**
- **If your respiratory symptoms worsen, call your nurse at 352-392-1161 ext. 4217 to see if you need a medical evaluation.**

### STAY informed by frequently visiting these health web sites:

*Centers for Disease Control and Prevention* – <http://www.cdc.gov/ncidod/sars/>

*World Health Organization* – <http://www.who.int/>

*UF Student Health Care Center* – <http://www.health.ufl.edu/shcc/>

If you have any questions or concerns directly related to SARS, email us at  
[SARS@nersp.nerdc.ufl.edu](mailto:SARS@nersp.nerdc.ufl.edu)

